

News briefs

Aircraft crash

A pilot with the 81st Fighter Squadron died Wednesday at about 2 p.m. Pacific Standard Time in an A-10 mid-air collision near Las Vegas, Nev.

Capt. Eric Palaro died when his A-10 was involved in the mid-air collision over the Nevada Test and Training Range.

"All of Spangdahlem's thoughts and prayers are with his family as they go through this difficult time," said Col. Stephen Mueller, 52nd Fighter Wing commander.

The incident involved two A-10 Thunderbolt II single-seat aircraft, which were assigned to the 57th Wing at Nellis Air Force Base. At the time of the incident, the aircraft were participating in a training exercise.

The other pilot has been recovered and is in good condition.

A board of Air Force officials will investigate the accident and further details will be released as they become available.

Wing down day

Col. Stephen Mueller, 52nd Fighter Wing commander, declared Monday a down day for winning the U.S. Air Forces in Europe-level 2003 Commander-in-Chief Installation Excellence Award.

Dental assistant program

The Spangdahlem AB dental clinic conducts the Red Cross volunteer dental assistant program from Jan. 6 to May 30. Application deadline is Dec. 16. Call the dental clinic at 452-8227 for details.

Equipment element closed

The 52nd Logistics Readiness Squadron Individual Equipment Element, including the mobility section customer service section, is closed now through Dec. 13 for relocation to Spangdahlem AB building 103. Call Master Sgt. Byron Grays at 452-6866 or 452-6020 for details.

Tree lighting

The Spangdahlem AB Christmas tree lighting ceremony takes place Wednesday at 4:45 p.m. The event kicks-off with a winter parade, which begins at the wing pavilion at 4 p.m. A reception takes place at 6 p.m. at the Saber Club.

The Bitburg Annex Christmas tree lighting ceremony takes place Thursday at 6 p.m. at the chapel. A reception follows the ceremony at the chapel.

Also, event coordinators seek volunteers to chaperone children from the Speicher orphanage who attend the event. Call 452-7381 to volunteer or for details.

Postal satellite

The Spangdahlem AB post office satellite facility is open Monday-Friday from noon to 3:30 p.m. now through Dec. 13. The facility is located building 403, C-1, across from the housing office.

Wing plans relocates

The 52nd Fighter Wing Plans Office is now located on the first floor of Spangdahlem AB building 23. E-mail global listing, 52 FW/XP Wing Plans, for details.

Eifel Times

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Spangdahlem Air Base, Germany

Dec. 6, 2002



Master Sgt. Keith Reed

Left to right, Staff Sgt. Ronald Smith, and Airmen 1st Class Christian Bellenger and Patrick Angel of the 606th Air Control Squadron change a satellite dish elevation motor while deployed in support of the 2002 NATO summit, in Prague, Czech Republic, held in November. The satellite dish provided communication capability with airborne warning and control system aircraft patrolling the airspace over the summit.

606th ACS provides operational, comm support at NATO summit

Squadron kept eye on Czech skies to prevent possible terrorist attacks

By 1st Lt. Nicholas Sabula
31st Fighter Wing Public Affairs Office

STARA BOLESLAV, Czech Republic -- As NATO leaders gathered Nov. 21-22 in Prague for the NATO summit, the 606th Air Control Squadron did its part to ensure a watchful eye over Czech Republic airspace. The team returned from its three-week deployment Nov. 26 with a convoy of about 12 trucks and tow loads -- a 900 kilometer trip, each way.

Members of the 606th ACS worked hand-in-hand with their Czech counterparts, providing critical communications support for the National Command Center.

The team, made up of about 50 people, enhanced NATO's ability to identify and prevent a terrorist attack over Prague during the summit by maintaining data link connectivity with NATO AWACS (airborne warning and control system) aircraft. They also handled DSN (digital switching network) phone lines, secure and non-secure tactical communications and worked a variety of communications issues.

The data link they provided to AWACS made the air picture ready for the NATO operation, giving Czech and

American commanders an improved low-level picture of the sky over Prague.

"We provided the combined air picture for the Czech airspace to the U.S. and Czech military leaders," said Maj. Walter B. Williams, 606th ACS maintenance chief. "Our guys coordinated with the American pilots and their operators communicated with the Czech pilots, but there was a lot of cross-communication -- they were talking back and forth."

Williams said the Czech and American forces were integrated and worked side-by-side to get the same picture. He added they compared the Czech picture against the AWACS picture to make sure mistakes weren't made when identifying aircraft.

With security cooperation of NATO allies a priority, the Czech Republic and U.S. worked closely to integrate the command center. To make this happen, the Czechs gave air control squadron personnel unprecedented access to their communications systems, allowing them to patch directly into their communications infrastructure.

"We showed them our equipment; they showed us theirs," said Chief Master Sgt. Paul D. McGeorge, 606th ACS. "We

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'First Look' initiative triggers customer service move

By 2nd Lt. Gerardo Gonzalez
52nd Fighter Wing Public Affairs Office

Aimed at improving customer service here, two base agencies relocated Nov. 22 in a move that will place several of Spangdahlem Air Base's most customer frequented offices under one roof.

The 52nd Comptroller Squadron finance office and the 52nd Logistics Readiness Squadron Traffic Management Office were the first two to make the move to the recently ren-

ovated building 128.

The move consolidates several customer service functions and decreases wasted time for base people who are processing in or out of the base, said Tech. Sgt. Michael Smith, 52nd Civil Engineering Squadron project manager. Scheduled to reside in the new building are all of the 52nd CPTS, TMO and Sato travel, and the 52nd Security Forces Squadron Pass and Registration, including the driver's testing section.

"It will provide a convenient centralized location for people to process registration, identification, travel, and finance issues all at once," said Smith. "No longer will people have to traverse the entire base to process paper work every time they go TDY or when they PCS," he added.

"We're very happy about the move," said Master Sgt. Gene Jackson, 52nd CPTS financial services NCOIC. "Here we can provide better customer service overall by being close

to the other customer support offices."

Building 128 was originally an old dormitory that had been scheduled for demolition, said Smith. Building renovation started in February and was completed recently.

"The atmosphere is much more professional," said 2nd Lt. Eliann Bray, 52 LRS traffic manager, about her unit's move to building

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NCO takes piece of America everywhere he goes

By 1st Lt. Nicholas J. Sabula
31st Fighter Wing Public Affairs Office

STARA BOLESLAV, Czech Republic -- As America's Air Force made history by supporting the 2002 NATO Summit Nov. 21 and 22 in Prague, one of its members made history of his own by flying something American here.

Tech. Sgt. Mark L. Sambenedetto, a communications craftsman with the 606th Air Control Squadron loves his American flag. He's been taking it with him to many of the historic temporary duty assignments he's been on during his career.

The Niceville, Fla., native recounts his experiences of the flag he proudly displays in one of the 606th ACS's tents here. This location is historic for his flag because Sambenedetto and his team set-up communications for the Czech Republic National Command Center, used to monitor the airspace above Prague against possible attack.

"I think I bought it at the BX (base exchange) before I went TDY (temporary duty) to Somalia for Operation Restore Hope (in 1993)," said Sambenedetto. "We first got there about six days after the Navy SEALs rolled in, and they didn't have a flag on the compound yet. So, I had my flag and we took a couple cammo poles and we pieced them together, and we made a lanyard out of an old ground radio halyard."

Sambenedetto says they put the flag up and took it down every day. He made a hole in the camouflage netting, allowing the flag to be raised and lowered through it.

"We were deployed to Mambassa International Airport, Kenya, and worked from the U.S. embassy," he said. "First we were providing support to the embassy, then to the C-130s at the airport that were flying food into Somalia. We got set-up there, put the flag up and flew it there for a little while."

At this point Sambenedetto got the idea to start taking it with him wherever he went temporary duty. History once again was embedded in his flag when he took it to Operation Southern Watch at Prince Sultan Air Base, Saudi Arabia.

"We went in there before anyone had arrived," said the NCO, who got there in August 1995 right after Khobar Towers was bombed. He was on a team that set-up operations for the 4404th Composite Wing to move to the new location.

"We got there about five days before the Red Horse team arrived, so it was all bare base; there was nothing there," said Sambenedetto. "So, we had the flag and we flew it for a little while there and then we put it up in the command post for the duration of time. When I left I took it down and brought it with me."

He has also flown other flags besides this one. A flag he hangs on the lightning protection assembly for the massive satellite dish his deployed team uses to make contact with airborne warning and control system aircraft is the one he flew during Operation Desert Storm. However, his most historic flag is the one that has seen the most action and will retire when he does.

"When I retire I'm going to stick it in my shadow box, instead of buying a nice brand new one," he said. It's pretty beat up, it has seen its better days, but it's got some history behind it."



Master Sgt. Keith Reed
Tech. Sgt. Mark L. Sambenedetto, a 606th Air Control Squadron communications craftsman, stands proudly with his American flag. The NCO has been taking the American flag with him on temporary duty assignments for most of his military career, including the recent 2002 NATO summit in Prague, Czech Republic.

When asked why he displays the flag so proudly in his small work area, he wastes little time thinking about it.

"I'm proud of the flag; I'd die for the flag so I take it along with me," said Sambenedetto. "We're in Czech Republic right now but we've got the U.S. flag with us. We bring it around just so we can keep a little bit of home with us." (USAFE News Service)

606th

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got everything tied together and they were great, they paved the way for the big guys to come in downstairs."

Secretary of Defense Donald Rumsfeld, Chairman of the Joint Chiefs of Staff Gen. Richard Myers, Czech and NATO leaders visited the command center Nov. 20 for briefings and a look at the facility. Gen. Gregory S. Martin, U.S. Air Forces in Europe commander, ran the control center during the summit, controlling the U.S. capability and working with Czech control to ensure synchronization of the air space over Prague.

At the request of the Czech Republic, the United States also provided aircraft to assist in air defense over Prague during the summit. The Air Force supported Czech aircraft with F-16 Fighting Falcons from the 31st Fighter Wing at Aviano Air Base, Italy; F-15 Eagles from the 48th Fighter Wing, Royal Air Force Lakenheath, England; and KC-135 Stratotankers from the 100th Aerial



Staff Sgt. Karen Z. Silcott
Members of the 606th Air Control Squadron welcome back fellow squadron members from their recent deployment in the Czech Republic.

Refueling Wing, RAF Mildenhall, England.

Lt. Col. James Dew, 606th ACS commander, said the deployment was, to the best of his knowledge, the first operational

deployment of NATO forces into former Warsaw Pact territory.

Getting to work with the Czechs and make the mission come together, Williams knows,

won't soon be forgotten.

"Working with them as a team, it makes you feel like you're part of history."

Dew agreed. "It couldn't have been a better deployment. Overall, it went flawlessly."

In addition to being a smooth trip, Dew said the deployment went exceptionally well. Being one of only five active-duty air control squadrons in the Air Force, the members of the 606th try to educate leaders and the public on the benefits of their squadron's flexible capabilities. The deployment provided a valuable opportunity for education high-level leaders. Rumsfeld, Myers and other leaders visited the squadron during very active times.

"We have an old system, but everyone there could see our flexibility and just how much we could contribute with a small amount of people," Dew said. "Everyone was very impressed. It was as much visibility as we'll ever get." (Staff Sgt. Cindy Dorfner, 52nd Fighter Wing Public Affairs Office, contributed to this article.)

In their own words

What was the best part of the 606th ACS's recent deployment to the Czech Republic?



**Airman 1st Class
Shaun Cranfield**
606th ACS data maintenance
On his first deployment, from his first base: "The best part for me was seeing the secretary of defense and meeting Gen. (Greg) Martin, (U.S. Air Forces in Europe commander). This deployment was so cool because it was a little different from every day here. I volunteered for this, not really knowing where we were going or for how long. I thought it was kind of cool not knowing."



Staff Sgt. Chris Gray
606th ACS weapons controller
On one of many deployments from his 15-year career: "Considering it was a change from our normal, standard rotations to the desert, this is definitely the most interesting deployment I've been on. I think the best part of it was working side-by-side with people, who 12 years ago were our enemy. It was pretty cool, because soldiers are soldiers - no matter what country they're from."



**Chief Master Sgt.
Paul McGeorge**
606th ACS maintenance superintendent
On one of many deployments from his 20-year career: "This was an exceptional deployment and a great opportunity to work with a fairly young NATO member. We saw their air base, talked with their pilots and worked with NATO members. It was also a chance to interact with senior leadership and show them just what an air control squadron can do for them."

Photos and story by
Staff Sgt. Cindy Dorfner



Staff Sgt. Karen Z. Silcott

Members of the 52nd Component Maintenance Squadron avionics intermediate shop sensors section make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Component Maintenance Squadron avionics intermediate shop sensors section

Number of members: 17

Team's latest contributions to 52nd Fighter Wing mission success: Expertly mobilized their manual test equipment to support the 52nd FW operational readiness inspection ... error free. Also praised by U.S. Air Forces in Europe inspector general team for their in-depth plan to deploy an avionics intermediate shop test station and support equipment.

Team's other contributions throughout the year: The AIS sensors section, which is a combination of two vital aircraft maintenance shops, has 17 experts who keep wing jets flying and save the wing money. During the past year, they identified an F-16 head-up display unit configuration problem, driving a fleet-wide inspection to correct the discrepancies. The team also saved the wing \$3.8 million in depot repair costs.

Volunteerism: AIS sensors section team members served as 52nd FW mobility machine forklift, bus drivers and security forces augmentees. They also volunteer for Airmen Against Drunk Driving.

Eifel Salutes

52nd Mission Support Group

The civil engineers were hard at work on the base runway last week ... **Staff Sgts. Peter Lagos and Lester Largaespada** are commended for their work at building concrete platforms to support mobile aircraft arresting system barriers. While on the subject, the **wing information assurance office** folks worked hard to ensure Spangdahlem Air Base "anti-virus" barriers were up during their annual information assurance unit inspections. He wasn't putting up barriers, but **Senior Master Sgt. Rick Shaner** did a great job putting together a new base shuttle schedule and making sure the buses have more time to travel safely during their routes.

52nd Operations Group

Tech. Sgt. Angela Crawford's running of the 81st Fighter Squadron life support operations during exercise Red Flag 03-02 earned her the "outstanding performer" nomination. Way to go!

52nd Medical Group

Headlining for the medical group is **Tech. Sgt. Karla Jeremiah-Griffith** who

is a professional doing a great job by going out of her way to make sure her patients are taken care of. Also great with patients is **Capt. Julie Ostrand**, who recently conducted a much-lauded labor and delivery class for expecting parents. They don't deliver babies but the **52nd Medical Support Squadron's medical logistics flight** has been delivering great support to the global war on terrorism. **Staff Sgt. Michelle Smith** is not fighting terrorists, but she is doing a superb job keeping the Bitburg OB/GYN clinic running smoothly.

52nd Maintenance Group

Still glowing from the "installation excellence" win, the 52nd Component Maintenance Squadron sends a "thanks for a tremendous job" to **Staff Sgt. Douglas Quinones** and **Senior Airman Aaron Vanvynckt** for their installation excellence presentations. **Staff Sgt. Wenesday Traylor** is helping mentor tomorrow's Air Force enlisted leaders — great job on helping redesign the airman professional development course.

Kudos to all, team Eifel salutes you!

School volunteers break record

Helpers log 1,500-plus hours assisting teachers in October

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

When Jennifer Hirschfield tallied Spangdahlem Elementary School's volunteer hours for October, she was pleasantly surprised, but not completely caught off guard by the 946 hour total.

"Many of the hours are due to the overwhelming community support of our mentoring program and because we have such a strong, proactive PTSA (Parent, Teacher, Student Association) this year," said Hirschfield, the school's volunteer coordinator.

Add to the SES total, the hours from the four other on-base schools and the total exceeds 1,500 hours - one third of last year's annual total.

"It's simply outstanding - I think this makes a new school volunteer hours record," said Audrey Burkel, Department of Defense Dependent Schools liaison.

According to Hirschfield, there's a lot of programs that simply wouldn't work as well as they do without this kind of support.

Spangdahlem Elementary School's pool of 200-plus volunteers provide free help as teachers assistants, PTSA members and student mentors, in addition to a wide range of other capacities. But, it's not all about work, according to Jacinta Shelton, commissary employee, and SES and family support center volunteer.

"I like helping others," said the mother of two. "I learn a lot about other jobs and people when giving my time. I'm also setting a good example for my daughter and son who see me in the school often. It shows them the importance I place on education."

Volunteers also offer fresh perspectives, when the day's challenges begin to wear on teachers and school employees, said Hirschfield.

"For single airmen, volunteering in the schools can enhance a sense of community, but it's also amazing the effect people volunteering in uniform can have on the students," she said. "Often, when a volunteer comes in to help, the kids just crowd around because it's fun to have different people in class."

Despite the October volunteer record, there are plenty of volunteer opportunities available for people who would like to contribute their time and talents, said Hirschfield.

All the base schools sponsor student mentoring programs and accept volunteer assistance in the classrooms.

To volunteer, call Spangdahlem Elementary School at 452-6881, Spangdahlem Middle School at 452-7205, Bitburg Elementary School at 452-9215, Bitburg Middle School at 452-9310 and Bitburg High School at 452-9337.



Courtesy photo

Airman First Class Bradley Parker, 52nd Aircraft Maintenance Squadron F-16CJ assistant dedicated crew chief, is this week's Top Saber Performer.

Top Saber Performer

Name: Airman First Class Bradley Parker

Unit: 52nd Aircraft Maintenance Squadron

Duty title: F-16CJ assistant dedicated crew chief

Nominee's contributions to 52nd Fighter Wing mission success: Airman First Class Parker's superior performance and positive attitude ensures his aircraft remains combat ready. He performs airworthiness inspections, servicing and launch and recovery operations. He also troubleshoots malfunctions and removes, repairs and replaces components. He ensures that the AFTO 781 series forms, the aircraft maintenance history, are accurate and maintained in accordance with technical order.

Off-duty volunteerism and professional development pursuits: Volunteered for clean up after the Tops and Blue concert and the NCO induction ceremony. Finished all requirements for his five-skill level in 12 months and is now using the CLEP program to gain his Community College of the Air Force degree.

What do you do for fun? Golfing and bowling. I'm also an adventurer wanting to see new things in Europe.

What do you like most about being stationed here? Being stationed here has given me the chance to deploy to places I probably would never get to visit stationed state-side. Spangdahlem's location allows for travel to historic places that most Americans won't get to see.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would change the hours of operations for service organizations to fit flight line work schedules.



Staff Sgt. Karen Z. Silcott

Some like it hot

Master Sgt. Daniel Beasley, 52nd Fighter Wing Career Assistance Adviser and Top 3 member, asks Fred Dejavaonne, a base contractor, how he likes the chili at the 2002 Top 3 Chili Cook-off. The event, which took place Nov. 22 near the base exchange, raised more than \$440 for Operation Warm Heart. Wing members entered 27 crock pots of homemade chili in the contest. Winners include Staff Sgt. Anthony Matlock of the 52nd Communications Squadron for the hottest recipe. Tech. Sgt. Rozzi Messina, 52nd Civil Engineer Squadron, took the prize for the best tasting chili. Maj. Leolyn Bischel of the 52nd Medical Operations Squadron submitted the most original recipe.



(Editor's note: SPANGDAHLEM under Construction is a periodic update of projects around the base. The goal is to inform people of facility upgrades, road construction, detours and renovations, and how it impacts base employees and residents. Officials of the 52nd Civil Engineer Squadron provide column information.)

Project: Construction of a 52nd Services Squadron consolidated club. The new club will replace

Spangdahlem Air Base's existing enlisted and officer clubs. The facility will also house a barber and beauty shop, and a gift shop.

Location: On the newly acquired land on the northwestern side of the base, along the A-60 connection road.

Start date: Nov. 13

Completion date: September, 2004

Cost and contract: Bilfinger & Berger/Walter-Bau is contracted to build the \$7.4 million project.

Current impact: Inconveniences should be kept to a minimum since construction takes place in an unpopulated area of the base. No road closures expected; however, large vehicle traffic will take place near the site. Also, construction vehicles will travel to and from the inspection station near the golf course on Arnold Boulevard to get to the construction site.

Accidents

By John W. Keeler
52nd Security Forces Squadron
Reports and Analysis

Fifty Team Eifel members experienced vehicle accidents in the past two weeks, 11 of which were major.

The first accident happened on K-100 from the direction of Spangdahlem, near Dudeldorf. An airman said he accidentally drove into a ditch and flipped his vehicle when he momentarily took his eyes off the road to fix the radio. The airman wasn't injured. The vehicle's windows, roof and body sustained damage, and was towed from the scene.

The second took place on B-50 near the Metterich turn-off. An airman reported that he had lost control of his vehicle and collided with a guardrail. The airman doesn't remember when he lost control of his vehicle, but he thinks he had fallen asleep at the wheel. The German Red Cross responded and transported the airman to the Bitburg Krankenhaus where he was treated for a strained neck and concussion. The airman's vehicle sustained a detached front-right suspension, dents and scratches to the passenger side, and a cracked windshield. The vehicle was towed from the scene.

The third took place on the L-46/A-60 autobahn traffic circle in the direction of Spangdahlem AB. A civilian employee reported that as she approached the traffic circle she was unable to apply the brakes in time, which caused the vehicle to skid off the road and strike a directional sign. There were no injuries. The vehicle sustained frontal disabling damage and was towed from the scene.

The fourth took place on L-46 while traveling in the direction of Trier. The accident happened when a driver attempted to negotiate a left turn, lost control of his vehicle and impacted a guardrail. There were no injuries. The vehicle's left front fender, grill, headlight and radiator were damaged. The vehicle was towed from the scene. The

damage to the guardrail is considered private property damage.

The fifth accident took place on K-200 between Badem and Metterich. The driver, tested by Polizei and found to be driving under the influence of alcohol, was turned over to the Security Forces control center. The airman said he was speeding and failed to negotiate a turn when his car started sliding. Before his car came to a rest, it hit some wooden posts, crossed the centerline and then hit a tree. Damage to his vehicle consisted of disabling front-end damage, a shattered rear side window and a flat tire. There were no reported injuries.

The sixth accident happened on L-46 between Spangdahlem and Schwarzenborn. An airman reported that he lost control of his vehicle when he drove across a patch of ice, crossed the centerline and flipped his vehicle. There were no injuries. Vehicle damage included disabling front-end damage, a dented roof, and minor dents and scratches. The vehicle was towed from the scene.

The seventh took place on perimeter road near the golf course. When an airman hit a speed bump with a 22-ton forklift, he lost control of the vehicle, left the hardened surface, and fell down an eight-foot embankment before coming to a rest in a culvert. There were no injuries. Vehicular damage included a broken hydraulic and wheel, bent rear counter weight and exterior scratches. A crane was dispatched to the scene to remove the forklift from the culvert. It was then towed from the scene.

The eighth accident took place between the towns of Hupperath and Speicher. A family member said as she negotiated a right curve in the road, a local national drifted into her lane and struck her vehicle's left front quarter panel. There were no injuries in the accident. Both vehicles sustained disabling damage and were towed from the scene.

The ninth happened at an intersection in St. Vith, Belgium. An airman stated that as he departed a four-way intersection, a vehicle traveling from his right clipped his vehicle, causing it to spin into another. There were no injuries. The results of the investigation are still pending. The airman's vehicle sustained extensive damage to the rear of his vehicle, minor dents and scratches to the left side of the vehicle, and the front bumper was detached. Damage to the other vehicles is unknown at this time.

The tenth accident was on K-40. An airman reported that as he attempted to pass another vehicle, he lost control, slid into a small ditch and collided with a tree. The airman's wife, who sustained a broken finger and sore leg, was transported to August Clemens Hospital in Bitburg. The airman's vehicle sustained disabling damage. A 52nd Security Forces Squadron investigation determined that the accident was caused by driving at excessive speeds on wet, slick roadway.

The eleventh was on L-39 near kilometer marker 1.4. An airman reported that as he was traveling west, he failed to negotiate a turn, lost control of his vehicle and struck a guardrail. There were no injuries. The airman's vehicle sustained disabling damage to the transmission, a flat front tire and minor dents. The vehicle towed from the scene.

The 39 minor accidents involved:

- Twenty from inattentive driving.
- Seven while backing.
- Seven identified as speed too fast for conditions.
- Three identified as the fault of another.
- One from wildlife.

In addition, 30 citations were issued from Nov. 23 to Dec. 1. Five people were charged with driving under the influence of alcohol.

Move

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Airman 1st Class Karolina Gymrek

Senior Airman Reico D. Henley, 52d CPTS, assists Tech. Sgt. Woodrow Wilson, 52d FW, with leave and earning statement issues at the finance office's new location in building 128.

128. "It is exciting to be a part of the transition from old to new ... to be able to see the difference the conditions of a workplace can have on attitude and morale," she added.

The newly relocated TMO offices in the new building include the household goods section, said Bray. In addition, the following sections are also in building 128: host nation and U.S. Customs, passenger travel, booking and billing, and the traffic manager officer and support staff.

"This also is the first 'domino' in a series of facility projects to help centralize the other customer service functions on base and make Spangdahlem more user friendly," added Smith.

The establishing of this one-stop shop supports the "First Look" program initiated by United States Air Forces in Europe Commander, Gen. Gregory Martin.

"Through the USAFE 'First Look' program, we are trying to give each newcomer the best first impression," said Martin. "Hassle free on-line in-processing, vehicle registration, on-base school enrollment, and medical registration are just some of the ways that will help us take better care of our people as they get here, settle here and work here."



Community Mailbox

Calls from Santa

The 52nd Logistics Readiness Squadron is helping Santa find out who's been naughty or nice. Parents can pick up forms at the Spangdahlem AB post office, base exchange, food court or commissary. Return completed forms and \$2 per child in an envelope to the above locations from 11 a.m. to 1 p.m. today, Dec. 9, 11 and 13. Call Tech. Sgt. Cassandra Sells at 452-6328 and Staff Sgt. Jennifer James at 452-6361 for more information.

Volunteers needed

■Base postal services accepts volunteer assistance during the holiday season. Hours are flexible at both locations.

■Base tax shelter officials seek volunteers. Internal Revenue Service training takes place Jan. 13-16.

Call Kelly Childs at 452-9491 for more information.

Commissary hours

The Spangdahlem AB commissary is open Saturday from 8 a.m. to 5 p.m. to accommodate an official function. The Bitburg Annex store is open from 9 a.m. to 5 p.m. that day.

Santa Paws

The Pet Spa features holiday pet photography Saturday from 11 a.m. to 3 p.m. Cost is \$3 per picture. The Pet Spa is located in Oberweiss building 1044. Winter hours are Monday-Friday from 7 a.m. to 7 p.m. The facility is closed on U.S. holidays.

CAC news

The following events take place in the base community activity center. Call 452-7381 for more information

■The holiday mini-bazaar takes place today from noon to 7 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 10 a.m. to 4 p.m.

■The chess club meets Saturday and Dec. 21. Beginners to advanced players are invited. Several game sets and clocks are available for use.

■A LAN party takes place Dec. 14 from 9 a.m. to 9 p.m. Gamers test their skills against other connected players. Participants must



Staff Sgt. Jennifer Lindsey

Trees to go

Ryan Crawford, center, Boy Scout Troop 161 life scout, and Jose Tovar, right, Troop 161 eagle scout, help Joe Tovar, Troop 161 scout master, pack a Christmas tree they sold at a Boy Scout Christmas tree lot Saturday. Tree sales are located in the commissary parking lots. Trees cost \$15-\$25 for spruce and \$25-\$30 for fir. The Bitburg Annex location is open Tuesday-Friday from 5-7 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m. Sales take place daily from 5-9 p.m. at the Spangdahlem Air Base location. Proceeds benefit area Boy Scout troops.

bring their computer and headphones. Cost is \$5 per person.

■The production, "It's Beginning to Look a Lot Like Christmas," takes place Dec. 21 at 7 p.m. Cost to attend the musical variety show is a toy or baked good donation for the Speicher orphanage.

Christmas concert

A Christmas concert takes place Saturday from 5:30-7 p.m. in the Bitburg Annex Chapel. The event, sponsored by the Church of Jesus Christ of Latter-day Saints, features spiritual and secular songs, and sing-alongs.

American Legion

The American Legion Eifel Post 20 Christmas market takes place Sunday from 11 a.m. to 6 p.m. at the Speicher Zum Flockenburg. The post also sponsors a free

children's Christmas party Dec. 14 from 1-5 p.m. at the Speicher Zum Flockenburg. Event features food, games and activities. Parents should bring a small gift for their child for Santa to present.

LRS spouses

The 52nd Logistics Readiness Squadron Spouses Group meeting takes place Wednesday at 6:30 p.m. in Spangdahlem AB housing, building 424, unit B-3. Attendees are encouraged bring homemade cookies to share. Call 06561-604464 for more information.

SES holiday store

Spangdahlem Elementary School seeks volunteers to help with the student holiday store Tuesday through Thursday during school hours. Call Lauralee Ciranni at 452-6881 for details.

Community bank hours

Community Banks conduct training in the morning on the second Wednesday and Thursday of each month, alternately. To accommodate December training, the Spangdahlem AB Community Bank is open from noon to 4 p.m. Wednesday. The Bitburg Annex branch is open regular hours that day, but is open noon to 4 p.m. Thursday.

PWOC meeting

Protestant Women of the Chapel meet Saturday at 2 p.m. in the Spangdahlem AB Chapel. This month's study theme is, "Standing on unshakable ground." Call Elaine Washington at 06565-934906 for details.

Family support center news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 to register.

■Preseparation consultation, Monday and Dec. 16 from 9-10:30 a.m.

■Predeployment briefing for active-duty and family members, Tuesday from 8:30-9:30 a.m. and Dec. 17 from 8-9 a.m.

■German bills made easy, Thursday from 8-9:30 a.m. and 3-4:30 p.m.

■Home buying, Thursday from 6-8 p.m.

■Resume writing, Dec. 17 from 5-7 p.m.

■Welcome bags for newcomers, Dec. 18 from 8:30-11:30 a.m.

■Sponsorship training, Dec. 19 from 10-11 a.m.

The following workshops take place in Bitburg Annex building 2001.

■Creative critters, Monday from 10-11 a.m.

■Transition assistance program, Tuesday, Wednesday and Thursday from 8 a.m. to 4 p.m.

■Spouses' orientation, Dec. 13 from 9 a.m. to noon.

UMUC advisor's visit

University of Maryland University College students can meet with academic advisors Tuesday to discuss educational goals and degree programs. Call 452-6637 or 452-7552 to schedule an appointment.

Tuition assistance

Applications for Term III spouse tuition assistance are available at the base education center in building 192. Submission deadline is Dec. 13 at 4:30 p.m. Term III runs from Jan. 20 through March 14. Call 452-6063 for more information.

Der Markt

Advertisement policy

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, by close of business Wednesday, **10 days prior to publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.a
f.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Sortie
Scoreboard

Unit	Goal	Flown
22FS	74	51
23FS	46	55
81FS	64	40

Sorties flown
Nov. 25-Dec. 1

Viewpoint

Dec. 6, 2002

Page 6

From the top

COMUSAFE lauds 606th ACS summit support


During the recent NATO summit in Prague, members from your wing, and particularly the professionals of the 606th Air Control Squadron played a key role in supporting the most historic NATO gathering since its founding in 1949. The outstanding men and women of the 606th Air Control Squadron enhanced NATO's ability to identify and prevent any terrorist attack against the summit by providing the combined air picture for the Czech air space to both Czech and U.S. military leaders—a critical capability. Thanks to you and

your fellow airmen, our mission to protect more than 40 heads of state participating in this significant event was flawless.

We faced unique air defense challenges during the summit. With so many heads of state and dignitaries assembled in one city, interoperability and security cooperation between the Czech Republic armed forces and the U.S. Air Force was vital. Across the board, the men and women of the 52nd Fighter Wing helped make history. You can be proud of this incredible professional achievement.

Please extend my thanks to the 52d Fighter Wing, especially the 606th Air Control Squadron, for their flawless support. I salute you all for a job well done.

Sincerely,


GREGORY S. MARTIN
General, USAF

Doctor's note

Medical ops' 10 tips to make it through holidays

By Capt. (Dr.) Larry Kroll
52nd Medical Operations Squadron

The holidays are right around the corner and whether you celebrate Hanukkah, Kwanzaa, Christmas or New Year's Eve, it's a special time of year. Time to visit family and friends. Time to have fun. Time to stay up late. Time to overeat, overspend and overtax one's energy reserves. In short, we're talking about a stressful time of year.

An important thing to remember about stress; however, is regardless of the time of year it occurs, stress isn't something that's "just out there." Stressors are things in our environment, such as having to pay bills, getting caught in B-50 traffic, waiting in long shopping lines, family or work difficulties. The list goes on and on.

Stress itself is something we ourselves create — it comes from how we react to the stressors in our life and how we interpret situations we find ourselves in. For example, supervisors tell three subordinates that there were a lot of mistakes in the work they just handed in and that they will need to stay at work until the mistakes are fixed. In all likelihood, each person will react differently. One member might get very angry with their supervisor and express this anger. Another may acknowledge that they did make some mistakes and work quickly to fix them. The other might say they understand and will fix it, but inside they are churning and begin to develop a headache.

If it were the event (supervisor telling you about mistakes) that determines how much stress you feel, then each person in that situation would react the exact same way. Since that's not the case, it makes sense that it's the individual and his or her reaction to an event or situation, that determines how much stress we feel.

Basically, stress is our body's reaction or response when it senses it may be in danger or when you run up against a challenge. When people feel stressed, their body produces chemicals and reacts in a very specific way that is designed to prepare the body physically to either fight or run away. The heart-rate and muscle tension increases, breathing becomes fast and shallow, and adrenaline flows into the blood stream. This is often called the "Fight or Flight" response or the "Emergency Response System" since it's mainly designed for emergency situations.

Although such a reaction was very helpful for our ancestors when having to fight off or run away from life threatening situations, it's less useful in today's society. Since we can't fight off or run away from credit card bills or unreasonable bosses or bad drivers, having this emergency response system go into effect is a lot like revving a car engine while pushing on the brakes.

Unfortunately, the holiday season is a time when there are many more stressors out there that are trying to get our attention and possibly get us stressed out. So what can people do to avoid stress? Well, it isn't easy, but here are 10 tips to start you toward having a stress-free holiday season:

Plan ahead

Try to get various tasks completed before the holiday rush. List all of your holiday chores. Listing things helps you get organized and helps your prioritize tasks. Check items off the list as you complete them to show your progress and give yourself a sense of accomplishment

Social support

Support from other people is probably the most effective way to help manage stress. Spend time with people that you like. It's important to balance between the time you spend with people you "have to be around"

and people you want to be around. Social support comes from various groups we interact with such as people at work, social functions or religious services.

Reinstate the draft

We're in the military so this seems appropriate. By this I mean, get everyone in the house to help out. There's no reason you should be doing all of this preparation on your own.

Hide

Simple, but very effective. When you need a little peace and quiet, slip away and find some. Go to a private place and take a few deep breaths to calm yourself down and regroup.

Rest

During the holidays, many people tend to stay up later in an effort to get more done. Try not to fall into this trap. When we feel stressed, our bodies use more energy, thereby making us tired. Listen to what your body is telling you and make sure to get a good night's sleep. That way, you'll have more reserves of energy to deal with the hassles of the holiday hoopla.

Eat well

As mentioned, stressful times mean your body uses more energy than normal. That means it's important to eat and eat well to keep up those energy levels. There will be a lot of tempting treats during this season. It's not possible to avoid them all together, but it's important to make smart food choices to try to help balance all of the high calorie-high fat food that is around during the holidays.

Exercise

Well, you knew I was going to mention exercise since I just talked about sleeping and eating, right? I just hope it doesn't cause you more stress. But, there is a lot of research that shows that people who exercise

on a regular basis lead healthier, happier, less stressful lives. This doesn't mean you need to be at the gym three hours a day, but something as simple as taking a 20-minute walk at some point during your day is a great "stress-buster."

Adjust expectations

The holidays don't have to be absolutely perfect in every way for them to be a memorable and joyful time. Keep your expectations manageable. Try setting realistic goals. And don't put your entire focus on one single day (i.e. Thanksgiving Day). Remember, it's an entire season of holiday sentiment. Let these feelings and activities be spread out (time-wise) and they will help lessen stress.

Don't take it personally

The next time you're in a holiday traffic jam, stuck in a slow check out line, or trying to do some shopping and people are pushing your buttons, remember DTIP, and don't take it personally. The check out line is not there to drive you crazy and the farm vehicle on B-50 is not part of a master plan to ruin your day. It's important to not get upset about what is beyond our control. Take a deep breath and let it pass.

Moderation

Give yourself permission to have some of the foods you like, but try to avoid really loading up your plate. The same goes for drinking as this too should be done in moderation. It can be tough during this time of year, but using moderation in eating, drinking or spending can help you avoid a belt, head or wallet hangover.

One thing to keep in mind is no matter how it may feel at the time, December really does have only 31 days. If things get rough, try to look forward to something in January ... like December being over.



Photos by Staff Sgt. Jennifer Lindsey

Above, people browse booths featuring handmade advent and holiday candle settings at the Dudeldorf Christmas market Saturday. Below, handpainted elf decorations ready for sale.

Get into holiday spirit at Christmas markets

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Annual Weihnachtsmarkts, or Christmas markets, are springing up in many towns throughout Germany. Almost every German mid-size town has its own unique Christmas market offering the aromas of fresh fir, Christmas baked goods, waffles, candies and sweet breads, which help people get into the Christmas spirit.

Vendors and craftsmen set up their goods in little wooden huts or stands, usually decorated with fir branches and Christmas finery. Most of the merchandise sold at the Weihnachtsmarkt is characteristic of the season, and children's eyes light up with joy at the sight of the many treasures piled high in the booths.

A variety of decorative Christmas tree ornaments are offered, such as golden paper angels, multi-colored balls, garlands, all sorts of sweets and a large selection of handicraft items, toys and trinkets. Gluehwein, a traditional hot, spiced wine, is available at most markets.

Some Christmas markets date back six centuries. Nuernberg has the most famous Christkindelmarkt, going back to the 1690s. Its origin is thought to have been the Nikolausdult, a market mentioned as early as 1310 and held near Nuernberg's St. Michael's Church.

Also, many large and small towns in the local area offer unique markets.

Here is a list of Weihnachtsmarkt open throughout the Christmas season. Most markets open at 10 a.m. and close at 6 p.m.

Saturday-Sunday

Maardorf Meerfeld, St. Goarshausen, Remagen, Saarburg, Bendorf/Rhein, Sinzig and St. Goarshausen.

Special hours and days

Bitburg Autohaus Conrady Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m.

Rivenich, located in Wittlich county, Saturday from 1 to 8:30 p.m. and Sunday and 11 a.m. to 7 p.m.

Bad-Kreuznach, today through Sunday from noon to 9 p.m.

Birkenfeld, Saturday-Tuesday from 11 a.m. to 6 p.m.

Morbach, Saturday from 8 a.m. to 6 p.m. and Sunday from



11 a.m. to 6 p.m.

Brussels, Belgium, now through Tuesday.

Zeltingen-Rachtig, Saturday from 2 to 7 p.m. and Sunday from 11 a.m. to 7 p.m.

Gerolstein, Friday from 4 to 8 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 11 a.m. to 6 p.m. Also, takes place Dec. 13-15.

Bingen, Dec. 13-15.

Bad Muenster am Stein-Ebernburg, Saturday from 2 to 9 p.m. and Sunday from 1 to 9 p.m. Also, Dec. 14-15.

Montabaur, Dec. 14-15.

Oberweis, Dec. 14-16 from 10 a.m. to 6 p.m.

Echternach, Dec. 14 in the main market square.

Landscheid, Dec. 15 from 11 a.m. to 6 p.m.

Cochem, now through Dec. 15.

Wittlich, now through Dec. 15. Hours are Thursday-Sunday from 11 a.m. to 7:30 p.m.

Gransdorf, Dec. 15 from 1 to 6 p.m.

Simmern, Dec. 16 from 9 a.m. to 7 p.m.

Andernach, Saturday through Dec. 17.

Now through Dec. 17

Baden-Baden Zweibruecken and Valkenburg.

Now through Dec. 19

Neustadt.Weinstrasse, Pirmasens, and Wernigeroder.

Now through Dec. 20

Landau and Rostock.

Now through Dec. 21

Pirmasens, Speyer and Hameln.

Now through Dec. 22

Mayen, Bernkastel, Frankenthal Pfalz, Ludwigshafen/Rhein, Speyer, Alzey, Kaiserslautern, Ludwigshafen/Rhein, Frankfurt, Heidelberg, Rothenberg ob der Tauber, Koblenz, Freiburg and Lueneburg.

Bitburg, weekends, now through Dec. 22 on Postplatz.

Bad Neuenahr-Ahrweiler, Friday from 2 to 7 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 11 a.m. to 7 p.m.

Also, Dec. 13-15 and Dec. 20-22.

Mayen, daily now through Dec. 22 from 11 a.m. to 7 p.m.

Hassloch, today through Sunday, Dec. 13-15 and Dec. 20-22.

Trier, now through Dec. 22. Hours are Monday-Saturday from 10 a.m. to 8:30 p.m. and Sunday from 11 a.m. to 8:30 p.m.

Now through Dec. 23

Bad Duerkheim, Wiesbaden, Kaiserslautern, Neustadt/Weinstrasse, Wuerzburg, Ruedesheim am Rhein, Cologne, Mannheim, Bonn, Mainz, Worms, Bad Duerkheim, Magdeburg, Augsburg, Duesseldorf, Mainz, Bonn and Bad Godesberg, Regensburg, Dresden, Regensburg, Leipzig, Erfurt, Bayreuth, Bochum, Hamburg and Wiesbaden.

Now through Dec. 24

Erlangen, Munich, Nuernberg and Luxemburg city.

Now and beyond Christmas Day

Berlin, now through Dec. 25

Nature Preserve Park Center Botrange in East Belgium, now through Dec. 25 from 10 a.m. to 6 p.m. Also, Dec. 26 from 10 a.m. to 2 p.m. The market is open Dec. 13 until 10:30 p.m.

Bremen, now through Dec. 30.

Strassburg, France, now through Dec. 31.

Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

Spy Kids II (PG)

Carmen and Junai are Level 2 OSS agents, about to set off on their own solo mission, or so they think. But this time it will take the whole family — and then some — to keep the world safe. (Action scenes and rude humor.)

Saturday

Abandon (PG-13)

Catherine Burke must deal with the disappearance of her boyfriend when detective Wade Handler begins an investigation. Catherine is haunted by memories of Embry, and is torn as Handler uncovers new, disturbing evidence. (Drug content, sexuality, violence and language.)

Sunday

Spy Kids II

Closed Monday and Tuesday

Wednesday

Abandon

Thursday

Trapped (R)

Joe and Cheryl along with Joe's cousin Marvin, have orchestrated and refined a foolproof plan to extort money from wealthy families. They've preyed upon helpless families with confidence, skill and success. But this time, they picked the wrong family - a family that chooses to fight back and take control of a terrifying ordeal that is spiraling toward an unthinkable outcome. (Violence, language and sexual content.)

Spangdahlem Skyline

Today

Swimfan (PG-13)

Ben has it all — friends, a terrific girlfriend and he's on the fast-track to an athletic scholarship. That is until the new girl in town sets her sights on him and becomes an unexpected nightmare. (Sexual content, disturbing images and language.)

Ghost Ship (R, 10 p.m.)

In a remote region of the Bering Sea, a boat salvage crew discovers the eerie remains of a grand passenger liner though lost for more than 40 years. Once onboard, the crew must confront the ship's horrific past and face the ultimate fight for their lives. (Violence, gore, language and sexuality.)

Saturday

Ghost Ship

The Good Girl (R, 10 p.m.)

Justine discovers something of a soul mate in Holder. He represents a chance for her to escape into a new world of emotional and sexual awakening. Justine finds herself ensnared in a chaotic web of blackmail, larceny and love. (Sexuality, language and drug content.)

Sunday

The Four Feathers (PG-13)

In 1884, the nations of Europe were scrambling to divide Africa among themselves. A Muslim religious leader, Muhammad Ahmed, led the Sudanese Arabs in a revolt against British rule and General Charles Gordon was dispatched to quell the rebellion. (Battle sequences, violence and sensuality.)

Monday

Ghost Ship

Tuesday

Swimfan

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

German Sankt Nikolaus visits children on 'good list' tonight

By Iris Reiff
52nd Fighter Wing
Public Affairs Office

Today is Sankt Nikolaus Day, a part of the German Christmas tradition, when children receive small gifts in the shoes they leave outside the door during the night.

Annually, Dec. 6 is set aside to commemorate Bishop Nicholas of Myra, who lived in the 4th century. According to legend, this clergyman gave gifts to the three daughters of an impoverished nobleman. Another version of the legend maintains that the bishop saved three scholastics from the clutches of a cannibal.

During the Middle Ages this day commemorating Nikolaus was an occasion for charitable giving, for rewarding students and for giving children the opportunity to go out and collect gifts.



Courtesy photo

Sankt Nikolaus visits local children and presents gifts to those who have behaved well throughout the year. Knecht Ruprecht accompanies the holy man during his visit.

In recent times it's traditional that Sankt Nikolaus, the German Santa Claus, visit children on Dec. 5, the night prior to Sankt Nikolaus Day. He presents gifts and discusses the good and bad things the children did throughout the year. He also asks them to

recite a poem or sing a Christmas song. The gifts are provided beforehand by the parents, along with a list, telling Sankt Nikolaus about things that the parents would like him to mention.

Sometimes, Hans Muff, dressed in black and rattling a

chain, accompanies Sankt Nikolaus. He usually carries a bag with an artificial limb sticking out to convince children he has already taken a bad child with him. If the children are afraid of the frightening character Hans Muff, may wait outside. Often, Hans Muff also helps Sankt Nikolaus present goodies to the children. If Sankt Nikolaus doesn't charge a fee for his visit, it's customary to tip him. In some towns, Sankt Nikolaus either arrives by sled (if there's snow) or by coach.

Children who aren't visited will set their shoes on their doorstep or window sill, hoping Sankt Nikolaus will leave something for them for the next morning. Some children will find a Nikolaus plate with cookies, fruits and candies on the table the next day.

Sports Shorts

GK base flag football champs

Geilenkirchen took the title of flag football base champs Oct. 30 when they beat the 52nd Component Maintenance Squadron 24 - 20 in the championship game. GK completed the regular season undefeated with a 9 and 0 record.

They were beat for the first time in the first championship game by a great 52nd CMS team 26 - 13. Down the stretch, GK offense, anchored by Oscar Butler, was too tough to hold down. Congratulations to GK for a great season! (Information submitted by Senior Master Sgt. Andy Flores, 52nd Services Squadron.)

Youth sports news

The Spangdahlem Air Base youth programs sports office is located in building 427. Call 452-7545 for more information. The Bitburg Annex youth programs sports office is located in the fitness center. Call Alicia Culham at 452-9410 for more information.

■Indoor Soccer registration takes place Jan. 1-31 for children ages 5-15. Additionally, youth sports officials seek volunteer coaches for the upcoming indoor soccer season. Call 452-7575 or 452-9408 for more information.

Golf

The Eifel Mountain Golf Course Pro Shop is located at building 58 on the west end of Arnold Boulevard on Spangdahlem AB. Call 452-6821 for more information.

■The course simulator is open through the winter. Players use regular golf equipment. The simulator offers play from tee to range to the rough on a golfer's choice of four world-famous golf courses. Cost is \$10 per hour.

■Golf professional Turner Campbell offers lessons to improve posture, grip, alignment, chipping, pitching, putting and full swing. Register for lessons at least one week in advance.

Recreational trips

Outdoor recreation sponsors the following trips in November and December. The minimum age for trips is 12, unless listed otherwise. Call 452-7176 or visit the shop in Spangdahlem Air Base building 146, near the Mosel Hall dining facility for more information.

■Baltic deep-sea fishing, Dec. 14. The cost is \$75 with own gear, \$85 with rented gear.

■Underground quad runners, Dec. 15. The cost is \$55.

■Feldburg ski trip, Dec. 20-22. The cost is \$195 per person, double rooms only.

Fitness center news

The following activities take place at the Spangdahlem Air Base fitness center. Call 452-6496 or 452-6634 for details or to register.

■Holiday hours: The Spangdahlem Air Base fitness center is closed Dec. 25. It's open Dec. 24, 26 and 31, and Jan. 1 from 9 a.m. to 5 p.m. The Bitburg Annex fitness center is closed Dec. 25 and Jan. 1. It's open Dec. 24, 26, and 31 from 9 a.m. to 3 p.m.

■Kuk Sool Won classes take place Monday and Wednesday from 7:30-9 p.m., and Friday from 4:30-6 p.m. Cost is \$25 monthly.

■Spinning classes take place each Monday, Wednesday and Friday at 6 a.m., noon and 5 p.m.; and Tuesday and

Thursday at 11:30 a.m. Call to schedule classes.

■Polar Bear 5K fun run, Dec. 20 at 8 a.m. Run starts and ends at the center. First 25 participants to donate gifts for the Angel Tree Foundation earn prizes.

■Microfit fitness analyses are available each Tuesday by appointment.

Bowling

Eifel Lanes Bowling Center is located in Spangdahlem Air Base building 300. Winter hours are Monday-Thursday from 11 a.m. to 10 p.m., Friday-Saturday from 11 a.m. to midnight; Sunday, holidays and family days from noon to 9 p.m. Call 452-6217 for more information.

■Bowl in the New Year, Dec. 31 from 6 p.m. to 1 a.m. No reservations required.

■Strikes Grill serves breakfast beginning Monday from 8-11 a.m.

■Dorm residents earn points by bowling, or through ProShop and snack bar purchases. At the end of the month, the dorm with the most points wins a free night of bowling for those who have bowled at least three times within the month. Limitations apply. Call for details.

■Color pin bowling, each Friday at 6 p.m. Participants win prizes when they bowl a strike with a colored head pin.

■Glo-bowling, each Saturday at 6 p.m.

■Family day, each Sunday from noon to 5 p.m. The event features discount games and free shoe rentals.

■Deployed spouses family day, each Monday from 11 a.m. to 10 p.m. Families of deployed military members can bowl for \$1 per game.